

# FOOTPRINTS



NEWSLETTER OF THE  
HOWARD COUNTY STRIDERS  
VOLUME 31, No. 3 — FALL 2011



## NEW ARCH UNVIELED

### ~~~~~ COMMINS OUTFRONS BIKE

Although one of the top women runners in the mid-Atlantic, *Stefanie Commins* had never had a bicycle escort in a race. Bike escorts were reserved for the top male runners in the field, who were usually well ahead of the fastest women. But on July 10 at the Columbia edition of the Women's Distance Festival, Stef accelerated past Sherry Stick and Denise Knickman and found herself right behind the lead bike. Ridden by *Chris Sproule*, the bicycle proved inspirational to Commins, who assumed the lead. When she rounded the last turn and headed into the parking lot, Commins was a good 12 seconds ahead of second-place Stick. Stef was the first racer to ever see the new finish-line arch under competitive conditions, and the first to run through it at the end of a race. "I just loved running behind the bike!" she said. All three— Commins, Stick, and Knickman— broke 19 minutes on a hot, sultry morning in Columbia.

Knickman, the top masterwoman in the field, finished third overall and so earned the third-place award, which left the title of first master to the next woman over-40. *Donna Wecker* and *Kelly Westlake* waged an intense battle for this prize. Wecker's final surge placed her seven seconds ahead of Westlake for the masterwoman title and fourth place overall. Both Wecker and Westlake broke 20 minutes.

The Columbia WDF also featured mother-daughter teams in two categories: daughter under 14 or daughter 14 and over. Usually,



*With her bike escort, Stef Commins was the first person to run through the new finish line arch. (photo by Mike Fleming)*

either daughter is fast and mother is slow, or mother is fast and daughter is slow. But for the Mac Attack team, both mom and daughter were fast: mom *Janelle McIntyre* won the 45-

49 age group (21:40), while daughter *Devin McIntyre* won the 10-14 age group (25:39), and their team crushed the other 19 teams in their category. Blue-Eyed Girls Paige and Michelle Rosenfeld beat 11 other teams to win the daughter-13-and-under team category. Paige and Michelle ran the whole race together and finished with nearly identical times of 28:10.

The top three women received cash awards, while the age group winners earned plaques suitable for wall hanging, either in the home or the office. Every girl 12 years or younger who finished the race received a medal. All finishers got those custom-designed tank-top shirts. 398 women finished the race. They all enjoyed sumptuous post-race refreshments provided by the Elkridge Furnace Inn, the same folks who cater the Penguin Pace in February.

The WDF served as the graduation or target race for the Females In Training. The FIT women began training when it was cool in early April, working out at weekly practice sessions for 13 weeks until the end of June.

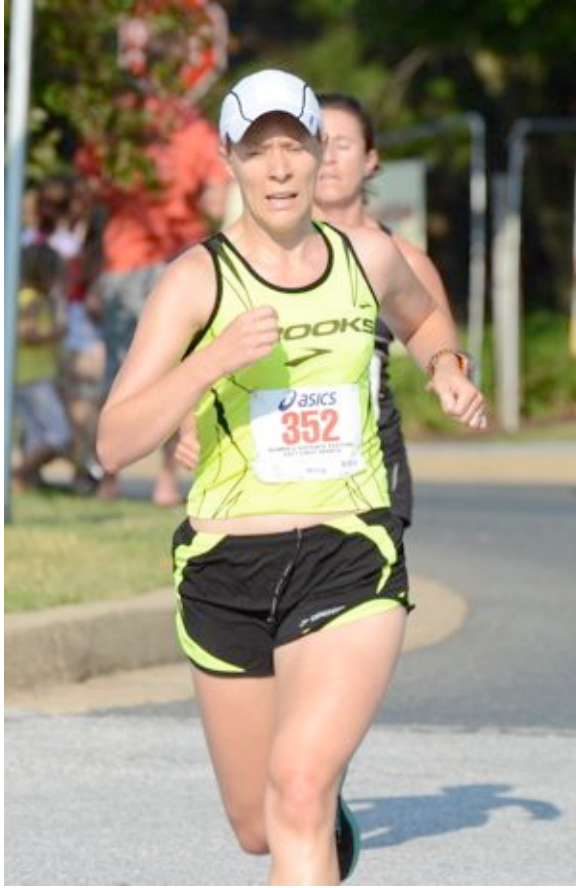
Coaches *Bev Byron, Dawn Czahor, and Jess Stern* whipped the women into shape, and over 75 of them finished the appointed event. They could be recognized in the race by their distinctive pink t-shirts.

The 2011 Women's Distance Festival featured the Striders' new finish line arch. Thanks largely to the efforts of vice president *Bill Arbelaez*, the arch arrived just in time to be used in the event. All the women finished the race by running through the huge blue-and-white arch. The arch has its own air compressor for erection. "It really comes down fast when you let the air out," *Dwight Mikulis* said.

*Tacy Powers* served as the race director. She enjoyed the support of the Stridermen, especially the finish line crew, who overcame some unexpected difficulties. The Striders wish to thank the Howard County Police and Howard Community College, in whose parking lot the race ended.



*The 2011 Females in Training posed in their pink t-shirts just before the 5k Women's Distance Festival. (photo by Mike Fleming)*



*Jess Sleight (1st, 35-39) set a PR at the WDF 5k, at least for her “modern era” of running. (photo by Mike Fleming)*

**WOMEN’S DISTANCE FESTIVAL 5k  
Columbia, MD – July 10**

Top 3

1. Stefanie Commins (Columbia, MD) 18:28
2. Sherry Stick (Sykesville, MD) 18:40
3. Denise Knickman (Baltimore, MD) 18:45

Master

1. Donna Wecker (Elkridge, MD) 19:27

Grandmaster

1. Pat Wilkerson (Columbia, MD) 20:20

1-9

1. Paige Rosenfeld (Ellicott City, MD) 28:10
2. Lauren Wright (Glenwood, MD) 41:23
3. Erika Mosley (Columbia, MD) 46:11



*Devin McIntyre, 13 years old, on the anchor leg of the award-winning Mac Attack mother-daughter team. (photo by Mike Fleming)*

10-14

1. Devin McIntyre (Ellicott City, MD) 25:39
2. Natalie Flynn (Sykesville, MD) 26:29
3. Alana Nunn (Ellicott City, MD) 30:00

15-19

1. Colleen Fridley (Catonsville, MD) 20:12
2. Lindsey Heigh (Annandale, VA) 21:19
3. Angelica Li (Ellicott City, MD) 22:11

20-24

1. Madelyn Finucane (Columbia, MD) 24:16
2. Megan Lieberman (Ellicott City, MD) 26:13
3. Lauren Wenson (Columbia, MD) 26:59

25-29

1. Laura Hartman (Columbia, MD) 20:10
2. Caroline Bauer (Columbia, MD) 20:36
3. Kimberly Abarbanel (Columbia, MD) 24:28

30-34

1. Tiffany Hevner (Columbia, MD) 20:32
2. Carrie Crooks (Baltimore, MD) 22:46
3. Catherine Poole (Gaithersburg, MD) 23:19

35-39

1. Jessica Sleight (Columbia, MD) (PR) 20:10
2. Hazel Chase (Columbia, MD) 22:19

3. Meredith Olsen (Baltimore, MD) 24:40

40-44

1. Kelly Westlake (Ellicott City, MD) 19:35  
2. Judith Scott (Ellicott City, MD) 22:24  
3. Michelle Neff (Arlington, VA) 22:51

45-49

1. Janelle McIntyre (Ellicott City, MD) 21:40  
2. Lisa Fichman (Columbia, MD) 21:41  
3. Phyllis Sevik (Ellicott City, MD) 22:26

50-54

1. Dorothy Beckett (Columbia, MD) 21:45  
2. Judith Weber (Ellicott City, MD) 24:55  
3. Connie Bonsiero (Baltimore, MD) 26:01

55-59

1. Debbie Grover (Columbia, MD) 27:36  
2. Marianne Solomotis (Columbia, MD) 27:49  
3. Anne Hefer (Frederick, MD) 28:33

60-64

1. Ellen Rabe (Columbia, MD) 24:57  
2. Robin McKenzie (Columbia, MD) 24:57  
3. Susan Garfield (Brookeville, MD) 28:18

65-99

1. Jean Humphrey (Columbia, MD) 34:49  
2. Yvonne Aasen (Westminster, MD) 36:21  
3. RaeAnn Wuestman (Columbia, MD) 39:43

MOTHER-DAUGHTER TEAMS

Top 3 – Daughter 13 and under

1. Blue-Eyed Girls 3 pts  
Paige and Michelle Rosenfeld  
2. Team Wolf 11 pts  
Katelyn and Nicole Wolf  
3. Cindy Wright 15 pts  
Cindy and Megan Wright  
3. Galloping Gillums 15 pts  
Dana and Holly Gillum

Top 3 – Daughter 14 and over

1. The Mac Attack 4 pts  
Janelle and Devin McIntyre  
2. Scho Girls Scho 15 pts  
Kelly and Ann Schofield  
3. Flynn 16 pts  
Natalie and Michelle Flynn



*Coach Beverly Byron of the Females in Training is #1 with the FIT women. (photo by Mike Fleming)*

I wanted to thank all the race participants who ran the 2011 Howard County Striders' Women's Distance Festival 5k. Of the 445 ladies who signed up, there were 397 finishers. I am so happy we had such a terrific turnout. It is awesome to witness almost 400 women lining up at a 5k starting line. This participation truly celebrates what the Women's Distance Festival is all about—the health and fitness of women of all ages.

I also want to thank all the volunteers who assisted at the race. With this active volunteer force, the race was quit successful and we are all grateful to the individuals who contributed their talents. Without their assistance, this race could not have been as effective or as much fun.

So thank you again for supporting the HCS Women's Distance Festival 4k.

—Tacy Powers  
2011 WDF Director



*Flanked by President Mikulis, Marc Burger gives the signal that all is well at the grill. Not only did Marc organize the picnic, he also took care of the refreshments and personally cooked over 100 hot dogs and hamburgers. (photo by Jim Carbery)*

## PICNIC GOES ON IN SPITE OF HEAT

It may have been too hot for running, but the heat didn't stop the Howard County Strider Annual Volunteer Picnic. A small but amiable group of volunteers gathered in the sultry weather on Sunday, July 24, at the Overlook Pavilion in Centennial Lake Park to consume the usual American summer fare: hot dogs, hamburgers, potato salad, potato chips, cake, and several brands of soda and beer. The orgy lasted from 11 am to about 4 pm. *Marc Burger* principally organized the affair, bringing not only the food and beverages, but also cooking most of the dogs and burgers. He also conducted a raffle for various prizes, including entries to various Strider races. He had so many raffle prizes that only the very unlucky did not win something.

## 2011 BAGEL TO BEER MARATHON

Hafiz Shaikh & Tom Brown

After a one year hiatus the Bagel to Beer Marathon (B2B) returns. The 10th edition of the race will occur on Saturday, September 24, at 6:30am. The race will start at the usual Saturday morning bagel run in the Wilde Lake Village Center in Columbia, MD. The finish line is the back deck of Ram's Head Tavern in Savage, MD. The 26.2-mile course snakes through seven villages of Columbia on roads and asphalt paths. The Patapsco River 60k run took place last year in lieu of the B2B because many of the race organizers were turning 60.

The B2B marathon was created by Strider *Tom Brown* and friends in 2002 to celebrate his friend *Steve Thienel's* 50th birthday. The inaugural race included t-shirts picturing Steve on the front. The idea for a low-key marathon in Columbia came originally from *Joe Wasserman*, who directed the Masochist Marathon from 1989 to 1992 on the old Bagel Run course. In 1993, the Striders put on the Birthday Marathon to celebrate the 26th anniversary of Columbia. This was the last marathon in Columbia until the B2B in 2002.

The B2B is a laid-back low-key race focusing more on having fun than racing. The race's motto is: No Fee, No Medal, No Fund-raising, and No Whining. Runners are encouraged to "jump in" along the course and bikers are welcome to ride alongside them. You can attend the end-of-run party at Ram's Head Tavern whether you run all, a portion, or none of the 26 miles. The success of this race have been the friends of Tom Brown and the families who at the aid stations. An unsung hero, *Rick Hatfield* marks the course every year on the morning of the race to overcome the "Swansfield arrow-erasing phantom."

This year Tom Brown and friends decided to transfer the operation of the race to the Hero Friends, a running group of about 50 local runners including *Dwight Mikulis*, *Greg Lepore* and myself, *Hafiz Shaikh*. We will strive to keep this race as laid-back and enjoyable as Tom Brown and friends have made it over the past decade.

## AGAIN, NO RECORD SET AT DAMIEN'S

~~~~~  
BUT THE COOKIES WERE GOOD

Local favorites *Karsten Brown* and *Doug Mock* knew they were running for second place when the runner bounded away from the start of the 13th Annual Damien's 5k last Sunday. "He was gone so fast that we didn't even see him!" Doug said about the front-runner. With a \$300 bonus awaiting anyone who broke the course record of 14:32 (set in 2009 by Tefera Demesse), Birhanu Alemu Feysa of Silver Spring through he would try for the bonus. Unfortunately, he was running all by himself and, in spite of his lightning speed, came up four seconds short of the record mark. Birhanu is another one of the Washingtonian elites who periodically come to Howard County for cash prizes. His recent exploits include winning the Joe Cassella 5k (15:47) and the Run Through History 10k (30:56), and producing a 52:48 at the Army 10 Miler.

Tezata Desalgn Dengersa of Turkey (living in Baltimore and not from Ethiopia!) had similar designs to shattering the women's course record set (16:37) in 2001 by Naoke Ishibe. Not only did Tezata crush the women's field, she also beat all but the top three men (sorry, Doug) and finished fourth overall. Unfortunately, she too came up a few seconds short of the record with a time of 16:41.

Even though Mr. Mock got chicked, his time of 16:47 earned him the prize for first master man. Two master women, *Robyn Humphrey* and *Kelly Westlake*, waged a spirited battle for third place among the females, and Westlake out-jumped Humphrey at the finish line by 0.26 seconds. The story might have been different except Robyn's hamstring about snapped when she rounded the last turn. Kelly got the master woman award, while Robyn was given third overall woman.

The first man and woman received cash awards, although not setting the course records diminished their prizes by \$300 each. Age group winners received a nice running bag and a stainless steel bottle suitable for either hot or cold beverages. The running

bags had secret compartments for smelly shoes.

The race was directed by *Ralph Massella* and staged by the Howard County Striders at the Columbia Gateway business park. Proceeds benefit Damien's Recovery Inc, an organization dedicated to overcoming teen drug abuse through education and outreach. The Striders wish to thank the Howard County Police for traffic control on the loop around the Gateway. 247 finished the event this year.

All runners received really nice t-shirts with a blue color-theme. The post-race celebration took place in the parking lot of the COPT Building and featured Ledo pizza, Subway subs, organic fruit juice, and live music by the blues band Thin Air. In addition, runners were treated to fresh home-made cookies baked late at night by *Judith Weber*. The chocolate ones with white macadamia nuts were really super!

### DAMIEN'S RUN FOR RECOVERY 5k Columbia Gateway — 12 June 2011

#### Overall Male

1. Birhanu Feysa (Silver Spring, MD) 14:36
2. Josh Olsen (Washington, DC) 16:31
3. Karsten Brown (Front Royal, VA) 16:38

#### Overall Female

1. Tezata Dengersa (Baltimore, MD) 16:41
2. Stefanie Commins (Columbia, MD) 18:54
3. Robyn Humphrey (Ellicott City, MD) 19:54

#### Master Male

1. Doug Mock (Ellicott City, MD) 16:47

#### Master Female

1. Kelly Westlake (Ellicott City, MD) 19:54

#### 1-9 Male

1. William Tripp (Catonsville, MD) 29:25
2. Seth Miller (Glenwood, MD) 40:31

#### 1-9 Female

1. Bridget Thompson (Ellicott City, MD) 45:00
2. Kate Grauel (Sykesville, MD) 53:02

#### 10-14 Male

1. Connor Rilling (Columbia, MD) 23:34
2. Nathan Moore (Mt. Airy, MD) 25:32
3. David Gries (Woodstock, MD) 29:10



*Ralph releases running rampage– starting the 2011 Damien’s 5k. (photo by Damien’s Corp)*

10-14 Female

- 1. Madeleine Miller (Glenwood, MD) 22:45
- 2. Naomi Feldman (Ellicott City, MD) 28:25
- 3. Dana Gillum (Laurel, MD) 28:48

15-19 Male

- 1. Zach Weinstein (Ellicott City, MD) 17:04
- 2. Pranay Patel (Ellicott City, MD) 18:34
- 3. Patrick Perez (Ellicott City, MD) 19:21

15-19 Female

- 1. Colleen Fridley (Catonsville, MD) 20:12
- 2. Becky Gessler (Ellicott City, MD) 20:22
- 3. Amy Gessler (Ellicott City, MD) 21:44

20-29 Male

- 1. Steve Chu (Columbia, MD) 17:32
- 2. Brian Allen (Laurel, MD) 18:22
- 3. Ben Thomas (Columbia, MD) 18:46

20-29 Female

- 1. Sarah Lebro (Columbia, MD) 21:33
- 2. Megan Wiedeman (Mont Village, MD) 23:06
- 3. Amanda An (Ellicott City, MD) 23:12

30-39 Male

- 1. Jason Tripp (Ellicott City, MD) 17:41
- 2. Keino Farquharson (Mitchellv, MD) 19:24
- 3. Michael Mbugi (Columbia, MD) 19:52

30-39 Female

- 1. Jodi Sirbaugh (Frederick, MD) 27:33
- 2. Kathy Smythe (Bowie, MD) 28:23
- 3. Amanda Idstein (Columbia, MD) 28:27

40-49 Male

- 1. Chris Rilling (Columbia, MD) 17:29
- 2. Michael Jensen (Ellicott City, MD) 19:53
- 3. Kevin Flynn (Sykesville, MD) 20:08

40-49 Female

- 1. Susan Kolocotronis (Columbia, MD) 23:20
- 2. Marsha Demaree (Marriottsville, MD) 23:28
- 3. C. Larko (Laurel, MD) 24:19

50-59 Male

- 1. Dave Berardi (Baltimore, MD) 17:09
- 2. Bobby Gessler (Ellicott City, MD) 20:03
- 3. Greg Schuler (Laurel, MD) 20:34

50-59 Female

- 1. Karen Harvey (Ellicott City, MD) 26:01
- 2. Kathy Deegan (Highland, MD) 27:17
- 3. Norma Walker (Ellicott City, MD) 27:44

60-69 Female

- 1. Ellen Rabe (Columbia, MD) 25:03
- 2. Patricia Brooks (Ellicott City, MD) 26:14
- 3. Paule Chenier (Elkridge, MD) 36:14

60-69 Male

- 1. James Carbary (Columbia, MD) 21:54
- 2. Von Jennings (Clarksville, MD) 22:50
- 3. Michael Richardson (Hanover, MD) 23:43

70-99 Male

- 1. Mel Quecan (Columbia, MD) 26:44

## B10

The Baltimore 10 Miler is taking its place alongside the famous Cherry Blossom 10 Miler in April and the Annapolis 10 Miler in August. This year the B10 drew 4208 finishers. These included 108 Howard County Striders.

It was a hot, humid morning on June 10. None of the Striders broke 60 minutes and only seven of the 108 broke 70 minutes. Participants reveled in the cold, wet towels and the watermelon provided at the finish.

The B10 served as the target race for the Next-Step 10 Miler Program. Under the direction of coaches *Grace Tran* and *Keith Levasseur*, the Next Steppers had trained specifically for this 10 Mile race since April. Many of the 108 Striders were, in fact, Next Step graduates running their first 10 mile race.



*Jason Tripp was the fastest Strider at the B10 and won his age group, too. (photo by Bright-room Photography)*

### STRIDERS AT BALTIMORE 10 MILER Baltimore, MD – June 18

|                                |         |
|--------------------------------|---------|
| Jason Tripp (1st, 35-39M)      | 1:01:10 |
| Keith McIntyre (1st, 50-54M)   | 1:03:23 |
| Lawrence Groman                | 1:03:55 |
| Leonard Supsic                 | 1:06:56 |
| Marc Hermstein (2nd, 45-49M)   | 1:08:08 |
| Ed Wilson                      | 1:09:25 |
| David Spalding                 | 1:09:49 |
| Kelly Westlake (1st, 40-44F)   | 1:10:17 |
| Michael Mbugi                  | 1:10:44 |
| Stephen Turner                 | 1:11:04 |
| Donnie Chapman                 | 1:11:10 |
| Dennis Boucher                 | 1:12:26 |
| Paul Eyes                      | 1:13:12 |
| Hafix Shaikh                   | 1:13:14 |
| George Kroeker (2nd, 55-59M)   | 1:13:38 |
| Nicole Dawson (1st, 1-19F)     | 1:13:55 |
| Ronnie Wong (2nd, 60-64M)      | 1:14:22 |
| Lisa Fichman (1st, 45-49F)     | 1:14:24 |
| Fred Towner                    | 1:14:25 |
| Christopher Sproule            | 1:14:38 |
| Sean Dawson                    | 1:15:10 |
| Jonathan Kennedy               | 1:16:47 |
| Janelle McIntyre (2nd, 45-49F) | 1:17:37 |
| Evan Calvert                   | 1:18:38 |
| Chad Burger                    | 1:19:17 |
| Rick Schofield                 | 1:21:09 |
| Grace Tran                     | 1:22:25 |
| Carrie Anderson                | 1:22:42 |

|                  |         |
|------------------|---------|
| Bill Dooley      | 1:23:33 |
| Russ Owens       | 1:23:50 |
| Mark Sanetrik    | 1:24:26 |
| Phyllis Sevik    | 1:24:58 |
| Katrina McGowan  | 1:25:18 |
| Marsha Demaree   | 1:25:24 |
| Andrea Aldrich   | 1:25:35 |
| Caitlin Groman   | 1:25:38 |
| Douglas Dixon    | 1:25:48 |
| Jim Grover       | 1:25:56 |
| Marc Burger      | 1:25:56 |
| Faye Weaver      | 1:26:04 |
| Kelvin Hong      | 1:26:06 |
| Ron Tash         | 1:26:34 |
| Sang Lim         | 1:27:29 |
| Nick Del Grosso  | 1:28:44 |
| Robert Blanco    | 1:28:48 |
| Judith Comiskey  | 1:29:15 |
| Jeff Six         | 1:29:25 |
| Chris Schauerman | 1:29:37 |
| Brad Lieberman   | 1:30:30 |
| Christine Josey  | 1:31:29 |
| Karl Barrus      | 1:32:18 |
| Shelley Yore     | 1:32:38 |
| Alan Tominack    | 1:32:46 |
| Michele Ritter   | 1:33:18 |
| Lynn Sanetrik    | 1:34:02 |

|                   |         |                        |         |
|-------------------|---------|------------------------|---------|
| Susan Groman      | 1:34:53 | Nancy Okiebisa         | 1:49:19 |
| Kelly Schofield   | 1:35:00 | Barbara Boardman-Pavao | 1:49:40 |
| Rebecca Holtz     | 1:35:09 | Susanna Montoya        | 1:49:49 |
| Mary Thompsen     | 1:35:51 | Jamie Schardt          | 1:51:07 |
| Steve Muchnick    | 1:36:24 | Jordan Kelson          | 1:51:50 |
| Izzy Bowlsbey     | 1:36:35 | Amanda Idstein         | 1:52:25 |
| John Bratiotis    | 1:37:33 | Danny Ives             | 1:52:28 |
| Amelia Mullican   | 1:37:41 | Laurette Deardon       | 1:53:43 |
| Debbie Grover     | 1:37:55 | Cheryl Ford            | 1:54:45 |
| John Miller       | 1:38:22 | Judith Weber           | 1:55:48 |
| Parice Halbert    | 1:38:27 | Clint Henderson        | 1:57:16 |
| Christine Merenda | 1:39:15 | Kelly Swan             | 1:57:46 |
| Dwight Mikulis    | 1:39:21 | Brian Cummings         | 1:58:42 |
| Susan Riss        | 1:39:26 | Jennifer Bylsma        | 1:59:02 |
| Diana Broemsen    | 1:39:35 | Jaclyn Klein           | 2:00:30 |
| James Corbin      | 1:39:37 | Yvette Oquendo-Berruz  | 2:01:39 |
| Wendy Silver      | 1:39:45 | Jessica Stern          | 2:03:03 |
| Joyce Brayboy     | 1:40:06 | Glenn Scimonelli       | 2:05:06 |
| Steven Albertini  | 1:40:09 | Kelli Shimabukuro      | 2:05:02 |
| Pat Kim           | 1:41:06 | Shymal Nandi           | 2:07:58 |
| Cindy Perkins     | 1:42:40 | Jackie Crispell        | 2:09:00 |
| Kevin Spaudling   | 1:43:00 | April Kociolek         | 2:09:22 |
| Selina Saniel     | 1:45:24 | Beverly Byron          | 2:16:32 |
| Jennifer Hayashi  | 1:45:52 | Deann Greon            | 2:17:19 |
| Jamiue Jung       | 1:47:12 | Stephanie Perkins      | 2:21:51 |
| Anne Kim          | 1:47:44 | Kathleen Callaghan     | 2:30:50 |
| Debbie Collins    | 1:48:02 |                        |         |



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## RELAYERS TORCH OAKLAND MILLS TRACK

The hot weather broke just hours before the 2-person 5-mile (actually, 8 km) relay on Wednesday, August 4. Under overcast humid skies, 26 teams of two raced around the Oakland Mills track in 400m increments. They competed in three categories: all-male, all-female, and all-mixed.

A close race developed between the top two male teams. *Adam Wytko-Conrad Orloff* raced head-to-head with *Gabe Hernandez-Dave Berari* for the entire race. Both teams may have benefited from trying to keep up with racing team captain *Carlos Renjifo*, who was unofficially racing along with them. In any event, the Wytko-Orloff duo edged Hernandez-Berardi by a scant four seconds over the appointed 2x10 laps. Conrad said they actually had a plan for the race, but “all that went out the window when we started.” Both these teams finished in under 24 minutes, a pace averaging faster than five minutes per mile!

In the women’s team competition, *Jess Sleight* and *Hazel Chase* outlasted *Lisa Fichman* and *Tacy Powers*. “I’m just not used to this kind of workout,” Tacy admitted.

The mixed team competition featured two mother-son teams and three husband-wife teams, but none of them came close to beating *Caroline Bauer* and *Hafiz Shaikh*. Former Junior Strider *Marquel Bowler* and her buddy *David Jun* made a late rush at Bauer-Shaikh, but they fell eight seconds short.

*Carlos Renjifo* was nominally the director of the event, but *Marc Burger* and others did the timing and scoring of the teams. Carlos supervised the race by running it himself.

### 2-PERSON RELAY

Oakland Mills High School – August 3

#### MALE TEAMS

|                                    |       |
|------------------------------------|-------|
| 1. Adam Wytko, Conrad Orloff       | 23:42 |
| 2. Gabriel Hernandez, Dave Berardi | 23:46 |
| 3. Michael Dusenbery, Chad Burger  | 27:37 |
| 4. Paul Eyes, Robert Blanco        | 28:24 |
| 5. Mark Worley, Bruce Worley       | 29:40 |
| 6. Jeremy Rea, James Koo           | 29:41 |
| 7. Scott Thompson, Dan Thompson    | 39:18 |



*Caroline Bauer and Hafiz Shaikh proved to be the fastest mixed team (and the fourth fastest team) in the whole relay. (photo by Julia Skinner)*

#### FEMALE TEAMS

|                                   |       |
|-----------------------------------|-------|
| 1. Jessica Sleight, Hazel Chase   | 30:44 |
| 2. Lisa Fichman, Tacy Powers      | 31:10 |
| 3. Vicki Lang, Pat Huffman        | 32:06 |
| 4. Cecilia Murach, Sharon Madden  | 32:59 |
| 5. Jeanne Larrison, Ginger Rowley | 41:01 |
| 6. Bev Byron, Debbie Wilhelm      | 55:10 |

#### MIXED TEAMS

|                                   |       |
|-----------------------------------|-------|
| 1. Caroline Bauer, Hafiz Shaikh   | 28:03 |
| 2. Marquel Bowler, David Jun      | 28:11 |
| 3. Julie Thienel, E. Reynolds     | 30:03 |
| 4. Phyllis Sevik, Ken Sevik       | 30:07 |
| 5. Becky Ramsing, Nick Ramsing    | 31:12 |
| 6. Marsha Demaree, Mike Fleming   | 32:57 |
| 7. Jen Pullen, Matt Johnson       | 33:39 |
| 8. Carina Chattin, Anders Chattin | 33:45 |
| 9. Barb Walters, Steven Anderson  | 34:32 |
| 10. Erin LaBarre, Alan Tominack   | 35:21 |
| 11. Becky Holtz, Doug Holtz       | 37:36 |
| 12. Kendra Smith, Michael Miles   | 38:27 |
| 13. Yon-Sik Meurer, Hans Meurer   | 50:28 |

## THE SUMMER JUNIORS

After training most of the Spring with Bullseye Running, some of the Junior Striders went on to compete at national meets in July.

On July 2, 14-year-old *Julie Nardone* placed sixth in the 3000m final at the US Track and Field Youth Outdoor National Championships. The 6-day meet took place in Myrtle Beach, SC, where temperatures hovering in the 90's with matching humidity. Julie nevertheless finished her 3k event in 11:02. The Glenelg resident has competed in track and cross country since 2007. This year's USAT&F race marks her fourth national championship.

The Wegner brothers, *Michael* and *Kevin*, also competed at the championships. Michael placed fourth in the 3000m (9:22) and tenth in the 1500m (4:22), and Kevin finished 11th in the 3000m (10:44).

A few weeks later, a larger contingent of Junior Striders participated in the Amateur Athletic Union Club Track and Field Championships at Walt Disney World in Orlando, FL. A number of juniors won medals by finishing in the top eight in their events. In particular, *Corey Hamilton* set "huge" personal records in the 1500m and 3000m boys' races, and the *Lang* sisters, *Brittany* and *Tiffany*, placed second in their respective 3000m races. Later, Tiff tried something completely different in the 2000m steeplechase, which she almost won! The championships took place July 13-17, and it was hot in Orlando then, too.

### AAU T&F CHAMPIONSHIPS Walt Disney World, FL – July 13-17

#### 12 yr Girls 400m

6. Jordyn Tate 1:03:30

#### 13 yr Girls 800m

7. Britt Lang 2:33:06

#### 10 yr Boys 1500m

2. Hamzah Elhabshy 5:19

#### 13 yr Boys 1500m

8. Corey Hamilton (PR) 4:51

#### 13 yr Girls 1500m

4. Britt Lang 5:09

#### 17-18 yr Girls 1500m

5. Tiffany Lang 5:05

#### 13 yr Boys 3000m

4. Corey Hamilton (PR) 10:21



*Corey Hamilton set two "huge" PRs at AAU club championships in Orlando. (photo by Bullseye Running)*



*Natalie Perkins hammers along in the 12-year-old girls' 300m race. (photo by Bullseye Running)*

#### 14 yr Boys 3000m

4. Joseph Keating 10:30

#### 12 yr Girls 3000m

8. Natalie Perkins 12L34

#### 13 yr Girls 3000m

2. Britt Lang 11:23

#### 17-18 Girls 3000m

2. Tiffany Lang 11:04

4. Caragh McDermott 12:06

#### 17-18 Girls Steeplechase 2000m

2. Tiffany Lang 7:59

4. Caragh McDermott 8:58

## MEET OF MILES

Extreme heat on Wednesday, July 20, foiled the first attempt at staging the annual Meet of Miles. But weekly series director *Glenda Rodgriguez*, working in concert with *Phil Lang*, re-scheduled the Meet for Wednesday, August 10. Although not exactly a cool day, the weather of August 10 proved moderate enough for racing, and the full schedule of events took place at the track at Oakland Miles High School. Because a mile is a little longer than 4 x 400m, runners had to run 32 feet beyond four laps around the track for a full mile.

Before the one-mile heats, the kids ran 100m and 400m races. In the shorter event, some of the kids were so young they could scarcely walk and had to be guided by their parents through the 100m. Check their names now, though, because you'll be seeing some of them win longer races in the years to come. All the kids earned ribbons.

The first mile race consisted of men too slow to break 6 minutes a mile, and they couldn't either.

The second mile race consisted of all the women. The principal competition here took place between *Marquel Bowler* and *Nicole Dawson*. Dawson took the early lead and held it through two laps. At the beginning of the third lap, Bowler inexorably overhauled her and stayed 10-20m ahead for the rest of the race, winning in 5:44. Finishing in fourth place among the women, *Pat Huffman* used her flashy new racing shoes and set a personal best of 7:02.

The final mile race consisted of all the men who thought they could break six minutes for the mile. They all did, too. From the start, fierce competition developed for the lead developed between *Karsten Brown*, *Adam Wytko*, and *Zach Weinstein*. After a half mile or so, Brown dropped back and Wytko assumed the lead, with Weinstein hot on his heels. Wytko started his finishing kick with 300m to go, but Weinstein matched his speed and in the last 100m engaged another gear and edged ahead to win by 1 second. "I thought I could run faster by starting my kick earlier," Wytko explained. (He did run 4 seconds faster than his Meet of Miles time last year.)

## MEET OF MILES

Oakland Mills High School – August 10

### 100m (5 yrs & under)

|                       |         |
|-----------------------|---------|
| 1. Will Fullerton     | 0:25.58 |
| 2. Tyler Ostrowski    | 0:25.89 |
| 3. Kathryn Rogan      | 0:26.39 |
| 4. Josh Rogan         | 0:27.47 |
| 5. Rebecca Weaver     | 0:28.34 |
| 6. Cole Ostrowski     | 0:28.68 |
| 7. Caroline Mah       | 0:29.56 |
| 8. Siera Mullican     | 0:31.88 |
| 9. Sofie Hogue        | 0:33.50 |
| 10. Alex McManuel     | 0:39.46 |
| 11. Matthew Weaver    | 0:48.20 |
| 12. Alyssa Burger     | 0:49.50 |
| 13. Tysen Hogue       | 0:51:24 |
| 14. Blake Fullerton   | 0:53.84 |
| 15. Sophia Dusenbery  | 1:12.79 |
| 16. Maya Vecera       | 1:20.78 |
| 17. Cosmo Raymond     | 2:53.34 |
| 18. Melanie Fullerton | 3:23.25 |

### 400m (9 yrs & under)

|                       |      |
|-----------------------|------|
| 1. Michelle Weaver    | 1:37 |
| 2. Mats Chattin       | 1:39 |
| 3. Logan Kim          | 1:40 |
| 4. Alexa Mullican     | 1:50 |
| 5. Liana Mullican     | 1:53 |
| 6. Madelyn Hildebrand | 2:06 |
| 7. Nora Blanco        | 2:11 |
| 8. Cosmo Raymond      | 2:16 |
| 9. Reidar Blanco      | 2:27 |
| 10. Lucy Howe         | 2:30 |
| 11. Ian MacPhee       | 2:39 |
| 12. Alex McManuels    | 3:03 |

### Female 1M

|                        |           |
|------------------------|-----------|
| 1. Marquel Bowler      | 5:44      |
| 2. Nicole Dawson       | 5:47      |
| 3. Caroline Bauer      | 6:21      |
| 4. Pat Huffman         | (PR) 7:02 |
| 5. Faye Weaver         | 7:10      |
| 6. Emily Howe          | 7:27      |
| 7. Amelia Mullican     | 7:44      |
| 8. Carina Chattin      | 8:00      |
| 9. Susan Kim           | 8:13      |
| 10. Rosa Kirk-Davidoff | 8:59      |
| 11. Melinda Krummerich | 9:01      |
| 12. Shamshaad Ali      | 9:02      |
| 13. Charity Hildebrand | 11:19     |
| 14. Yon Sik Meurer     | 12:20     |



*Tim Orman directs the kids at the wild finish of the 100m dash. (photo by Jim Carbary)*



*Marquel Bowler right after she passed Nicole Dawson on the third lap of the all-female mile (photo by Jim Carbary)*

Male 1M

|                         |         |
|-------------------------|---------|
| 1. Zach Weinstein       | 4:43    |
| 2. Adam Wytko           | 4:44    |
| 3. Karsten Brown        | 4:48    |
| 4. David Toller         | 4:57    |
| 5. Jeremy Rea           | 4:58    |
| 6. Danny Rau            | 5:06    |
| 7. Mark Eagles          | 5:07    |
| 8. Greg Hogan           | 5:08    |
| 9. Dave Berardi         | 5:15    |
| 10. Ted Poulos          | 5:20    |
| 11. Michael Dusenbery   | 5:35    |
| 12. Greg MacPhee        | 5:41    |
| 13. Hafiz Shaikh        | 5:46    |
| 14. Paul Eyes           | 5:49    |
| 15. Stephen Kiiru       | 5:52:34 |
| 16. Chad Burger         | 5:52:96 |
| 17. Robert Blanco       | 5:55    |
| 18. Greg Lepore         | 5:56    |
| 19. Rob Weaver          | 6:05    |
| 20. E. J. McCaffrey     | 6:09    |
| 21. Ben Fisher          | 6:10.14 |
| 22. Daniel Fisher       | 6:10.89 |
| 23. Dan Wytko           | 6:12    |
| 24. Alan Murray         | 6:13.05 |
| 25. Les Raymond         | 6:13.42 |
| 26. David Kirk-Davidoff | 6:19    |
| 27. Anders Chattin      | 6:21    |
| 28. Andrew Mullican     | 6:37    |
| 29. Eric Johnston       | 6:38    |
| 30. David Fisher        | 6:52    |
| 31. Marc Burger         | 6:58    |
| 32. Liam McCaffrey      | 6:59    |
| 33. Piriya Pinit        | 7:05    |
| 34. Jim Carbary         | 7:37    |
| 35. Hans Meurer         | 8:04    |
| 36. Seth Hildebrand     | 8:51    |



*Zach Weinstein (front), Karsten Brown, and Adam Wytko in the early going of the fast men's mile. (photo by Jim Carbary)*



*Greg Lepore, the last to finish the fast mile, did break 6 minutes. (photo by Jim Carbary)*

## TALES OF THE SUMMER CROSS COUNTRY

The wildly-popular cross country series continued this summer. The races took place on the very courses contested in the autumn by Howard County high school runners. Indeed, Coach *Phil Lang* designed the series specifically to foster training of these youth, but he did not envision them becoming the focus of both younger and older participants.

Each of the five races cost \$5 a piece. Run three races and earn a green t-shirt with Howard County Striders on the front and Bullseye Running on the back. "Something about the bullseye on the back..." mused one runner after receiving his shirt.

The series was going along well, drawing over 100 runners per event on hot, humid Friday evenings, until the summer swelter shut down the race at Reservoir High School on July 22. With area temperatures hovering near 105F, race officials and Strider officials decided not to hold the race, so for the first time in its short history, one of the cross country races was cancelled. Fortunate collusion between *Phil Lang* and Reservoir XC coach *Phil Rogers* produced a rescheduling of the race on Thursday, August 4.

Likewise, high heat and humidity almost forced cancellation of the fourth XC race at Hammond High School on July 29, and race officials came very close to shutting down the affair, too. Instead, they decided to hold the run anyway but not record times or take names. Over 100 runners showed up anyway and rumbled through the woods and over the streams at Hammond High School. It was cross country running in its most natural, elemental form.

Summer XC racing reached a crescendo on August 12 at Oakland Mills High School when the weather at last relented somewhat. That race produced the fastest times of the summer, and the largest field turned out. Former Junior Strider of the year *Sam Andrews* beat *Pat Cristaldi* by one second to win the men's race (16:50), while coach's daughter *Britt Lang* became the only female to break 20 minutes (19:56) in the whole summer when she won the women's race. A total of 138 celebrated the end, finally, of the hottest cross-country summer on record.



*Runners break from the trees at River Hill on August 2. (photo by Vincent Madile)*

The races could not have taken place without the contributions from the high school cross country coaches themselves: *Charles "Shoe" Shoemaker* (Wilde Lake), *Earl Lauer* (River Hill), *Phil Rogers* (Reservoir), *Jim Gross* (Hammond), and *Phil and Vicki Lang* (Oakland Mills). The coaches personally groomed their courses and attended each of the races. In the case of Reservoir, Coach *Rogers* prepped his course twice!

### SUMMER SUMMARY

|                                            |       |
|--------------------------------------------|-------|
| XC1– Wilde Lake High School (6/17, 124)    |       |
| Zach Weinstein                             | 17:40 |
| Britt Lang                                 | 21:48 |
| XC2– River Hill High School (7/8, 119)     |       |
| Matt Pacheco                               | 17:17 |
| Katie Harmon                               | 21:18 |
| XC4– Hammond High School (7/29, >100)      |       |
| N/A                                        |       |
| N/A                                        |       |
| XC3– Reservoir High School (8/4, 106)      |       |
| Matt Pacheco                               | 17:27 |
| Elyse Borisko                              | 20:11 |
| XC5– Oakland Mills High School (8/12, 138) |       |
| Sam Andrews                                | 16:50 |
| Brittany Lang                              | 19:56 |

Welcome New Members since 5/21/2011—

|                       |                       |                      |                      |
|-----------------------|-----------------------|----------------------|----------------------|
| Accardi, Kenny        | Doss, Emily           | Koepke, Jackson      | Rives, Cooper        |
| Amlani, Dev           | Doss, Kelly           | Kovach, Camren       | Rogers, Emily        |
| Amlani, Diya          | Dreisch, Rachel       | Kovach, Connor       | Rosasco, Carole      |
| Anderson, James       | Drohat, Jake          | Kovach, Robin        | Rosasco, Mark        |
| Balintas, Tanzer      | Dula, Benim           | Kovach, Todd         | Rucci, Chris         |
| Barnsley, Victoria    | Dunbar, Patricia      | Kramer, Gillian      | Russel, Ethan        |
| Bayer, Kathryn        | Duncan, Falon         | Krause, Ethan        | Sanetrik, Mark       |
| Beall, Bethany        | Edwards, Preston      | LaBorwit, Drew       | Scott, Brooke        |
| Beall, Caroline       | Eyes, Tommy           | Lande, Bob           | Scott, Kellin        |
| Beall, Matthew        | Feinberg, Ndidi       | Larkin, Mike         | Scott, Zoey          |
| Beall, Tempe          | Filomena, Luke        | Larrick, Michael     | Sedlacko, Joey       |
| Beall, Walker         | French, Eric          | Larson, Joe          | Serpico, Suzanne     |
| Beck, Emily           | Gaymon, Candace       | Leckron, Margot      | Serra, Jessica       |
| Benfer, Abigail       | Gears, Isabella       | Lobdell, Jayda       | Shell, Lora          |
| Benfer, Charlotte     | Ghine, Danielle       | Lobdell, Lynnea      | Shermock, Gregory    |
| Benjamin, Andrew      | Gildea, Cheryl        | Lockard, John Paul   | Shermock, Katherine  |
| Bergquist, Matt       | Gillum, CR            | Lockard, Naomi       | Sherry, Amanda       |
| Berkhimer, Charleston | Gingles, Sterling     | Lockard, Tabitha     | Sine, Lincoln        |
| Bickel, Emily         | Gorinson, Kyle        | Lodise, Leah         | Sine, Stephen        |
| Bigasova, Gretchen    | Gorman, Sarah         | Lowenthal, Beth      | Skaggs, Lauren       |
| Bolar, Dominique      | Grinnell, Henry       | Luthardt, Rachel     | Skerritt, Simone     |
| Briggs, Michael       | Groman, Susan         | MacPhee, Ian         | Skerritt, Summer     |
| Brown, Yair           | Gumpert, Barbara      | Mallery, Jay         | Solodky, Haley       |
| Brunner, Kyle         | Hale, Cassie          | Marshall, John       | Sowers, Adam         |
| Bunyard, Cassidy      | Hammill, Delaney      | Marshall, Sydney     | Spalding, Daisy      |
| Bunyard, Kailee       | Hammill, Makenna      | Martin, Chris        | Spalding, David      |
| Carter, Amari         | Harvan-Matosich,      | Martin, Nicholas     | Spalding, Donna      |
| Carter, Nkhensani     | Nikolas               | Maxa, Joseph         | Spalding, Elijah     |
| Carter, Postell       | Hauk, Emily           | Maxwell, Alexa       | Stanley, Christina   |
| Carter, Tahir         | Hauk, Jacob           | Maxwell, Sara        | Syed, Aaban          |
| Cash, Angela          | Henry, Richard        | Mayorga, Jessica     | Syed, Imaad          |
| Cheruiyot, Matthew    | Hepburn, Brian        | Mazur, Connie        | Szollos, Sofia       |
| Cheruiyot, Michael    | Hines, Abigail        | Mazur, Ken           | Tate, Ashley         |
| Choi, Jamie           | Hodge, Rashard        | McGinty, Angela      | Thamer, Zac          |
| Choi, Jeremy          | Hoffman, Erin         | McPherson, Sean      | Tyler, Darius        |
| Choi, Joseph          | Hoffman, Gunnar       | Milan, McDonald      | Tyler, Devin         |
| Choi, Jung            | Holz, Moyna           | Miller, Jen          | Vese jr, Rodney      |
| Chong, Julia          | Ibraheem, Rera        | Miller, John         | Vianna, Manoella     |
| Clark, Reilly         | Ibraheem, Tara        | Miller, Sarah        | Wallace, Elijah      |
| Collins, Anthony      | Ibraheem, Toke        | Milton, Xaria        | Wallace, Miles       |
| Collins, Karen        | Imre, Bob             | Mosier, Kyle         | Wang, Olivia         |
| Collins, Mikaela      | Imre, Diana           | Muma, Eileen         | Wang, Vincent        |
| Cooke, Aja            | Imre, Gabriella       | Muma, Jake           | Weddington, Adam     |
| Cooke, Sofia          | Imre, Olivia          | Muma, Lauren         | Weddington, Heeyoung |
| Costabile, Celeste    | Imre, Vicki           | Murray, Aliya        | Wenson, Lauren       |
| Courtright, Gavin     | James, Jasmine        | Murray, Brianna      | Wenson, Marc         |
| Courtright, Logan     | Jamison, Sydney       | Murray, Micaela      | Wharton-Henley,      |
| Craig, Logan          | January, Michael      | Nguyen, Hai          | Monica               |
| Crooks, Brianna       | Jarrett, Mikyla       | Onyemaechi, Chinenye | Williams, Elayna     |
| Crooks, Maire         | Jarrett, Tenille      | Ovide, Kyton         | Williams, Isaiah     |
| Csir, Floyd           | Johnson, LaToya       | Ovide, Oriana        | Williams, Meredith   |
| Daly, Nathan          | Johnson-Dendy, Sierra | Paige, Jr, Andrew    | Williams, Symone     |
| Daly, Sarah           | Jones, Anae           | Pendergast, Matthew  | Wilson, Samantha     |
| DeCapite, Braden      | Jones, Anna           | Perry, Jazmia        | Windsor, Jeremiah    |
| DeCapite, Matt        | Jones, Carter         | Petersen-Smith, Amy  | Windsor, Kyria       |
| DeCapite, Riley       | Jones, Malcolm        | Pierre, Marvigna     | Windsor, Ricky       |
| DeCapite, Tara        | Kagwima, Abby         | Pizzino, Jack        | Windsor, Sol         |
| Delaney, Mary         | Kagwima, Bria         | Pizzino, Kate        | Winters, Ian         |
| Deleeuw, Andrei       | Kaisler, Rebecca      | Poirier, Greg        | Wise, Nat            |
| Dellinger, Karen      | Kazi, Zain            | Poirier, Olivia      | Wonodi, Ijulu        |
| Delpo, Dominic        | Kiiru, Stephen        | Potts, Lawrence      | Woods, TeAndra       |
| DeStefano, Jodi       | Kociolek, April       | Powers, Zyler        | Wytko, Lincoln       |
| Dodman, Elizabeth     | Koech, Ben            | Proctor, Kelly       | Yodzis, Ben          |
| Dodman, James         | Koech, Emma           | Remoy, Eric          | Young, Chris         |
|                       | Koech, Linda          | Remoy, Patty         | Young, Harrison      |
|                       |                       | Rich, Eileen         | Zovko, Ethan         |

## THE CENTENNIAL FUN RUN AT 33

Next to Clyde's 10k, maybe, the Centennial Fun Run is the longest-running event of the Howard County Striders, and its course through the neighborhood is probably the oldest running course in the Howard County. *Arlene Dinneen* initiated the Fun Run 33 years ago and has held the family-friendly one-mile races on Tuesday evenings in the summer.

The Fun Runs began on the June 21, which happened to be the summer solstice. Crowds of runners, young and old, flocked to the five races in the series. Generally, around 150 participated in each race. *Karsten Brown* and *Adam Wytko* usually alternated winning the races, but it was Wytko who had the fastest time. He ran 4:59 in the last Fun Run on August 2, the only time anyone broke five minutes this year. Oakland Mills' *Tiffany Lang* had the fastest time among the females, running a 5:40 in the last Fun Run.

Special youth activities highlighted each Fun Run. On June 26, Princeton Sports came over to demonstrate bicycle and helmet safety to the kids. July 12 was chalk night when the kids went wild making chalk drawings on Arlene's driveway. Orlando Phillips dropped by on July 26 with his calypso music and limbo on the lawn. The last Fun Run took place on Neighborhood Night Out, featuring the Howard County Police and the "Good Neigh-Bear" in costume (hot night for that!).

The Fun Run ended the summer season with a Partners Relay, Award Ceremony, and Pizza Party. Trophies were awarded to the top two males and females in eleven different age groups. More than 50 young runners, age five and under, received medals for their participation.

Some serious racing took place during the Partner's Relay, which closed the series of fun runs on August 9. Only male-female partners could participate, and they did so in six different (combined) age categories. This time *Karsten Brown* found his element and, teamed with *Amy Gessler*, produced the fastest overall time (11:36) of the Relay. "But I *still* didn't break five minutes," he said.

After the Relay, Arlene gave out awards to the Relay winners as well as those who proved the fastest in 11 age groups during the weekly series. The main focus of the post-relay ceremony, however, seemed to be the dozen or so pizzas ordered for the occasion. (The pizza deliveryman barely escaped the frenzy of the relayers.) The pizza was consumed immediately after the relay. Yum.

### NIGHT-BY-NIGHT FUN RUN SUMMARY

|                    |      |
|--------------------|------|
| 6/21 — 147 runners |      |
| Jason Tripp        | 5:21 |
| Tiffany Lang       | 5:49 |
| 6/28 — 146 runners |      |
| Karsten Brown      | 5:17 |
| Becky Gessler      | 6:08 |
| 7/12 — 158 runners |      |
| Adam Wytko         | 5:04 |
| Tammy Hermstein    | 6:36 |
| 7/26 — 159 runners |      |
| Karsten Brown      | 5:01 |
| Tiffany Lang       | 5:40 |
| 8/2 — 156 runners  |      |
| Adam Wytko         | 4:59 |
| Natalie Smolyak    | 7:11 |

### FUN RUN PARTNER'S RELAY

1 mi + 1 mi  
combined times – August 9

|                                |       |
|--------------------------------|-------|
| <u>20 yrs &amp; younger</u>    |       |
| Grace & Noah Whiteman          | 15:39 |
| <u>21-40 yrs</u>               |       |
| Becky Gessler & Ryan Hermstein | 12:07 |
| <u>41-60 yrs</u>               |       |
| Amy Gessler & Karsten Brown    | 11:36 |
| <u>61-80 yrs</u>               |       |
| Katie & Bobby Gessler          | 12:13 |
| <u>81-100 yrs</u>              |       |
| Tammy Liu & Marc Hermstein     | 13:08 |
| <u>101 &amp; over</u>          |       |
| Barbara & Roger Calvert        | 19:29 |



*With Arlene and several relayers looking on, Karsten Brown accepts the tag from Amy Gessler and begins his run to glory in the Partners' Relay on August 9. (photo by Jim Carbary)*



*Arlene (left) explains the procedures to those registering for the Partner's Relay. No pre-registration! (photo by Jim Carbary)*



*Runners begin the Fun Run on July 29 with a sprint up that first hill— a tough start to any race. It was Caribbean Night and Luis Diaz was wearing his lei. (photo by Jim Carbary.)*

## STRIDERS DO MULTISPORT

If you think you you're a fast runner and think you're pretty fit, you should try multisport competition— triathlon and duathlon. Nothing like sloshing through muddy, luke-warm water and then hopping on a bike for 20 miles or so, and *then* trying to run seven minutes a mile. And multisport doesn't cancel races because of the heat or thunderstorms, either.

No sooner had summer started than the triathletes were at it [again] in Centennial Lake Park doing the Celebration Triathlon (June 24). Strider *Steve Meininger* thought he had a really good race going because he finished sixth overall in less than an hour and a half, but when he looked up he saw that *Suzy Serpico* had beaten him by over two minutes. Suzy recently became a pro triathlete, but she's always been good. She out-swam and out-ran poor Steve. 939 finished the Celebration Triathlon, making it the second-largest tri in Howard County. Rob Vigorito directed.

The Kidz Triathlon, for ages 7-14 only, took place at Clemens Crossing Pool on July 24. Depending on their ages, the kids swam between two and four laps in the pool, biked between one and three times around the Clemens Neighborhood, and ran between a half mile and a mile. A number of them are Howard County Junior Striders. Among the standout performances were those of *Jane Tripp*, and *Ben* and *Bryce Rosicky*, who won their respective age-gender groups. The Kidz Tri is part of the Maryland Youth Triathlon Series. Directed by Rob Vigorito, the race featured Hunter Lussi, a 17-year-old ironman advocating youth fitness. 135 young ones completed the Kidz Tri.

In early August there occurred Howard County's first and only duathlon— the DuThe2 Duathlon. Staged from the Western Regional Park on a steamy summer morning, right after rain fell, the event consisted of a 2-mile run followed by a 26-mile bike and concluded with a 4-mile run. Over 400 registered for the DuThe2 and 389 finished, including 26 relay teams of two each. That *Suzy Serpico* won the women's race, although she had to survive a challenge from Hannah Hanson. Suzy's husband, *Danny*, directed DuThe2. Be sure to



*Shelley K. waves on the way to T1. (photo by Jim Carbary)*

register early next year for this event if you're interested.

Howard County's multisport summer concluded on August 21 with the Iron Girl Triathlon at Centennial Lake. This triathlon features the same courses as the Celebration Triathlon, but by this late in the summer, the water had gotten warm enough (but not clean enough) to bathe in. "The water temperature is murky," Alan Davis kept saying. Actually it was 85F, meaning no wetsuits whatsoever were allowed per USAT rules. A passing thundershower delayed the start of the race by 15 minutes, but then the over-2000 women were released in progressive waves. "Let the fun begin!!" race director Rob Vigorito exhorted.

Because of her fast bike ride (20 mph), *Janelle McIntyre* lead all Striders at Iron Girl and placed 8th overall (1:37:29). Her daughters *Devin* (1st 12-14) and *Riley* (1st, 20-24) continued the family tradition of crushing age groups. Janelle and Riley joined forces to easily win the mother-daughter team competition (combined time: 3:34:15).

The Iron Girl was the first triathlon for Feet First's *Karen Cohen*, and she felt so "empowered" that she's going to do the whole thing again next year. [See next page] Joining Karen as first-timers were *Anna Muench*, *Sharon Madden*, and *Hillary Bierce*.

The Iron Girl triathlon featured relay teams on which served a number of Strider women. *Mary Brandenstein* assembled the "Three Generations" team with her daughter Marion Olsen and granddaughter Grace Laudeman. *Faye Weaver* and *Dawn Czahor* anchored relay teams as runners.

CELEBRATION TRIATHLON  
0.62miS + 17.5miB + 3.4miR  
Centennial Lake Park – June 24

|                                 |         |
|---------------------------------|---------|
| 5. Suzanne Serpico (1st F)      | 1:27:31 |
| 6. Steve Meininger              | 1:29:42 |
| Janelle McIntyre (1st, FM)      | 1:37:26 |
| Daniel Rau (2nd, 12-16M)        | 1:38:38 |
| Danny Serpico                   | 1:38:54 |
| Adam Weddington                 | 1:39:51 |
| Bryce Rosicky (3rd, 12-16M)     | 1:43:02 |
| Bram Arrington                  | 1:43:41 |
| David McGowan (1st, 17-19M)     | 1:43:53 |
| Andrew Hughes (2nd, 17-19M)     | 1:45:15 |
| Maryanne Myrtue (1st, 50-54F)   | 1:51:03 |
| Elizabeth Cowan                 | 1:51:21 |
| Julie Rosicky                   | 1:55:09 |
| Susan Hughes (2nd, 50-54F)      | 1:55:18 |
| Todd Pearsall                   | 1:55:20 |
| Lori Kruus                      | 1:55:58 |
| Luis Diaz                       | 1:57:40 |
| Brett Nellis                    | 1:58:10 |
| Shane Bogan                     | 2:00:41 |
| Nancy Thompson                  | 2:01:14 |
| Diana Broemsen                  | 2:03:50 |
| Aleah Zinalabedin               | 2:06:37 |
| Mary Thompson                   | 2:06:53 |
| Anna Hughes (3rd, 12-16F)       | 2:07:16 |
| David Mikulis                   | 2:08:13 |
| Ann Osten                       | 2:09:27 |
| Jen Hayashi                     | 2:12:50 |
| John Steinecke                  | 2:18:03 |
| Robert Johnson                  | 2:21:17 |
| Allyson Rogan (3rd, 40+ Clydes) | 2:21:17 |
| Grace Tran                      | 2:24:53 |
| Sari Chapman                    | 2:25:24 |
| Susan Watson (1st, 60-64F)      | 2:30:00 |
| Jessica Pearsall                | 2:33:04 |
| Mary Lacount                    | 2:34:43 |
| Christina McGravey              | 2:36:56 |

KIDZ TRIATHLON  
Clemons Crossing Pool – July 24

|                                       |       |
|---------------------------------------|-------|
| <u>7-8 yrs (50ydS + 2miB + .5miR)</u> |       |
| 2. Malcolm Jones                      | 16:54 |
| Carter Jones                          | 21:54 |
| Madison Craig                         | 22:50 |
| Aislinn Coghlan                       | 22:56 |
| Braedan Coghlan                       | 24:24 |
| Reilly Clark                          | 30:47 |
| Braylon Frey                          | 31:05 |

|                                         |       |
|-----------------------------------------|-------|
| <u>9-10 yrs (100ydS + 2miB + .5miR)</u> |       |
| Adam Loudin                             | 16:10 |
| Emma Orloff                             | 17:16 |
| William Tripp                           | 18:50 |
| Makenna Hammill                         | 21:53 |
| Lake Frey                               | 25:31 |
| Abigail Zoller-Gritz                    | 25:42 |
| Bridgett Thompson                       | 27:15 |

|                                         |       |
|-----------------------------------------|-------|
| <u>11-12 yrs (150ydS + 4miB + 1miR)</u> |       |
| 1. Jane Tripp                           | 21:44 |
| 1. Benjamin Rosicky                     | 26:08 |
| 2. Gianni Harrington                    | 26:41 |
| Nicholas Kruus                          | 31:33 |
| Thomas McCarty                          | 32:50 |
| Sam Martin                              | 32:51 |
| Isabel Pineo                            | 36:10 |
| Samuel Hall                             | 36:32 |
| Scott Thompson                          | 39:41 |
| Ethan Zovko                             | 44:05 |

|                                         |       |
|-----------------------------------------|-------|
| <u>13-14 yrs (200ydS + 6miB + 1miR)</u> |       |
| 1. Bryce Rosicky                        | 30:02 |
| 2. Jack Kavka                           | 32:51 |
| Kristen Kruus                           | 38:45 |
| Julia Orloff                            | 42:04 |
| Ben Saia                                | 43:07 |
| Benjamin Hall                           | 44:07 |

DUTHE2 DUATHLON  
2miB + 26miR + 4miR  
Western Regional Park – August 7

|                              |         |
|------------------------------|---------|
| Suzy Serpico (1st F)         | 1:57:19 |
| Greg Schuler                 | 2:04:33 |
| Jamie Courtney               | 2:16:24 |
| Steve Radant                 | 2:25:32 |
| James Courtney               | 2:32:28 |
| Nancy Thompson (2nd, 50-54F) | 2:32:48 |
| Parice Halbert               | 2:33:39 |
| Lizzy Cowan                  | 2:39:26 |
| Janeth Scott                 | 2:58:35 |
| Karen Courtney               | 3:16:32 |
| Susan Watson (2nd, 60-64F)   | 3:23:02 |
| Dick Woods (1st, 65-69M)     | 3:26:15 |
| Debbie Collins               | 3:46:15 |
| Sara Prymas                  | 3:58:09 |
| Tracy Sinclair               | 4:27:41 |



*Mary Brandenstein on the bike for the "Three Generations" Team. (photo by Jim Carbary)*

**IRONGIRL TRIATHLON**  
0.62miS + 17.5miB + 3.4miR  
Centennial Lake Park – August 21

|                               |         |
|-------------------------------|---------|
| Janelle McIntyre (1st, 45-49) | 1:37:29 |
| Riley McIntyre (3rd, 20-24)   | 1:56:46 |
| Lori Kruus                    | 1:58:54 |
| Aleah Zinalabedini            | 1:59:27 |
| Nicole Hastings               | 2:01:00 |
| Megan Moundalexis             | 2:02:26 |
| Anna Muench (1st tri)         | 2:03:52 |
| Janet Menton                  | 2:06:04 |
| Devin McIntyre (1st, 12-14)   | 2:05:03 |
| Sharon Madden                 | 2:07:50 |
| Amelia Mullican               | 2:08:05 |
| Sari Chapman                  | 2:14:35 |
| Gloria Serrao                 | 2:15:32 |
| Susan Wilt                    | 2:18:08 |
| Theresa Symonds               | 2:20:54 |
| Julie Phillips                | 2:20:59 |
| Missy Berger                  | 2:23:13 |
| Lisa Lowe                     | 2:23:16 |
| Brenda McCabe                 | 2:24:24 |
| Julia Orloff (3rd, 12-14)     | 2:24:36 |
| Heather Kirk-Davidoff         | 2:25:18 |
| Michelle Kvech                | 2:27:24 |
| Susana Montoya                | 2:27:59 |
| Hillary Bierce                | 2:30:22 |
| Caroline Manas                | 2:31:00 |
| Debra Holley                  | 2:35:30 |
| Amy Kvech                     | 2:42:05 |
| Karen Cohen                   | 2:56:58 |
| Sara Prymas                   | 3:02:16 |
| Dianne Kvech                  | 3:08:52 |
| Andrea Bellis                 | 3:34:09 |

## AN IRONGIRL'S STORY

Karen Cohen

**WOW!!!** Yes, I finished the Iron Girl Triathlon yesterday! I don't have the official time as the clock was not working, but it was under 3 hours. It has been an amazing journey, which began last August when I did the relay with Linda [Giampalmo] and Sarah [Thomas]. As I crossed the finish line, I said I am doing this next year. The energy of 2200 women was amazing.

I started swimming at the indoor pool at the club in February followed by running on the treadmill. By May I was riding the bike course. It was very difficult. The first few times, I had to walk my bike up two of the hardest hills. I needed to get rid of my running shoes and traded them in for bike clips. Of course, I had a few falls that caused me some hip injuries, but I went for physical therapy, and all the pain soon passed. In July, the training became more involved with swim and runs and then bike and runs. The run course was just as hilly and challenging as the bike course. Quitting was never option no matter how many women passed me on the bike course. Gina [Perkins] was doing the bike portion of the relay so we bonded together on Mt Albert. The toughest of one of four hills on the course.

Yesterday, in spite of a 20-minute rain delay, I knew it was all worth it. As I crossed the finish line I had tears in my eyes. I never thought I would ever do a triathlon or swim in Centennial Lake. The experience has been overwhelming. It has been a lot of blood, sweat and tears, but worth it. Thanks to *Jeff* [Cohen] who supported me through this whole training process. He was with me on all those bike rides and kept pushing me mentally up those hills.

## ROAD WARRIORS OF THE SUMMER

Preliminary estimates indicate that the summer of '11 was the hottest on record. But being a runner in the mid-Atlantic region, you already knew that. As a Strider, you also knew that the Meet of Miles (July 20) was cancelled for the first time in its 26-year history, and that one of the fabulously popular 5k XC races was also cancelled. Washington and Baltimore set record high temperatures for several days in July and August. And you're still driving that SUV around?

The Road Warriors slowly acclimatized to the heat and continued their exploits in local races. But the heat kept their times slow and few reported PRs.

### HOWARD COUNTY LIBRARY 5k Columbia, MD – June 4

|                                    |       |
|------------------------------------|-------|
| 2. James Gilmore (1st, 40-49M)     | 19:22 |
| 7. Sean Costello (1st, 50-59M)     | 20:16 |
| 8. Richard Griffiths (3rd, 40-49M) | 21:14 |
| Paul Kirk-Davidoff (2nd 1-15M)     | 21:59 |
| John Tokar                         | 22:01 |
| Isaac Kirk-Davidoff (3rd, 1-15M)   | 22:37 |
| Zoe Reading                        | 26:57 |
| Sarah Tokar                        | 27:05 |
| Clint Henderson                    | 29:55 |
| Rosa Kirk-Davidoff                 | 30:28 |
| Heather Kirk-Davidoff              | 30:29 |

Charm City managed. 270 finished.

### BEL AIR TOWN 5k Bel Air, MD – June 5

|                             |       |
|-----------------------------|-------|
| Martin Goode (1st, MM)      | 17:15 |
| Brian Fleming (3rd, 25-29M) | 17:17 |
| Michael Dusenbery           | 18:47 |
| Chad Burger                 | 20:04 |
| Pat Wilkerson (1st, MF)     | 20:07 |
| Chris Farmer                | 20:50 |
| Ronnie Wong (3rd, 60-64M)   | 21:16 |
| Dorothy Beckett (3rd, MF)   | 21:28 |
| Mike Fleming                | 22:38 |
| Amanda An                   | 23:18 |

The times were really fast at the Bel Air 5k. Maybe a little too fast. The race drew a huge field of 1540. Just what is so attractive about Bel Air?

### FATHERS' DAY 8k Elkridge, MD – June 19

|                       |       |
|-----------------------|-------|
| 1. Mark Buschman      | 26:53 |
| 2. Doug Mock          | 27:31 |
| 3. Mike Colaiacovo    | 27:40 |
| 4. Peter Keating      | 27:47 |
| 6. Seth Geoghegan     | 29:13 |
| 9. Joseph Keating     | 31:44 |
| 10. Connor Holley     | 31:49 |
| 11. Steve Bohse       | 31:59 |
| John Way              | 32:19 |
| Julie Gessler (2nd F) | 32:23 |
| Bobby Gessler         | 32:41 |
| Sean Costello         | 32:46 |
| Corey Hamilton        | 32:57 |
| Bryce Rosicky         | 33:18 |
| Kevin O'Hara          | 33:32 |
| Donnie Chapman        | 33:36 |
| Michael Dusenbery     | 33:44 |
| Tiffany Lang (3rd F)  | 33:49 |
| James Carbary         | 35:20 |
| Chad Burger           | 35:55 |
| Daniel Kirk-Davidoff  | 35:55 |
| George Kroeker        | 36:13 |
| Chris Farmer          | 36:19 |
| Michael Kroeker       | 36:32 |
| Lauren Hessler        | 36:41 |
| Brian Hessler         | 36:41 |
| Becky Gessler         | 37:29 |
| Amy Gessler           | 37:30 |
| Ronnie Wong           | 37:39 |
| Ben Rosicky           | 38:02 |
| Mike Fleming          | 38:35 |
| Adrian Washington     | 39:03 |
| Mark Bowling          | 39:12 |
| Amanda An             | 39:32 |
| Fred Sandacz          | 40:06 |
| Kassie Sandacz        | 40:41 |
| Alan Tominack         | 42:00 |
| John Rosicky          | 42:14 |
| Erin Geoghan          | 43:09 |
| Peter Geoghan         | 43:09 |
| Michael Elkonoh       | 43:16 |
| Mark Holley           | 43:20 |
| Sari Chapman          | 43:26 |
| Patricia Brooks       | 43:31 |
| Anna Sandacz          | 43:59 |

|                   |         |
|-------------------|---------|
| Jenna Harrity     | 44:16   |
| Julie Rosicky     | 44:47   |
| Kelsey Cardace    | 45:45   |
| Marc Burger       | 47:13   |
| Emily Elkonoh     | 48:31   |
| Susan Kim         | 48:52   |
| Debbi Canterbury  | 49:05   |
| Rebecca Sachs     | 50:27   |
| Amanda Idstein    | 54:06   |
| Melinda Kummerich | 54:47   |
| Narissa Norsjamsi | 1:01:36 |
| Michael Spenard   | 1:01:37 |
| Tracy Day         | 1:02:21 |

Most of the runners in the inaugural 8k were Howard County Striders. The race was taken over by Bullseye Running after the original directors abandoned it. Everyone liked the brand new course on the roads behind Costco at Columbia Crossing shopping mall. 104 completed this inaugural event.

GBMC FATHERS' DAY 5K  
Hunt Valley, MD – June 19

|                               |       |
|-------------------------------|-------|
| 7. Dave Berardi (1st, 50-54M) | 18:05 |
| Bob Hemler                    | 24:42 |
| Mike Baziz (3rd, 70+ M)       | 31:31 |

Another Fathers' Day race. With one in Columbia, now, why go anywhere else? 536 finished.

DAWSON'S FATHERS' DAY 10k  
Severna Park, MD – June 19

|                     |       |
|---------------------|-------|
| 2. Karsten Brown    | 34:45 |
| 6. Adam Wytko       | 36:39 |
| 10. Keith Levasseur | 37:18 |

Yet another Fathers' Day event. 478 finished.

ANNAPOLIS WDF 5k  
Annapolis, MD – July 9

|                               |       |
|-------------------------------|-------|
| 10. Phyllis Sevik             | 22:51 |
| Christine Josey (3 rd, 50-59) | 24:32 |
| Memory Morris                 | 29:42 |
| Amanda Idstein                | 31:41 |
| Pauline Chvilicek             | 32:30 |
| Julie Trapp                   | 33:11 |

|                      |       |
|----------------------|-------|
| Carol Zimmerman      | 35:43 |
| Christina Caravoulas | 36:16 |

The Annapolis Striders held this WDF one day before Howard County held theirs. 229 finished.

BALTIMORE WOMEN'S CLASSIC 5k  
Baltimore, MD – June 26

|                              |       |
|------------------------------|-------|
| 4. Kara Waters (1st, 35-39)  | 18:33 |
| Pat Wilkerson (1st, 50-54)   | 20:31 |
| Dorothy Beckett (2nd, 50-54) | 21:30 |
| Faye Weaver (PR)             | 23:41 |
| Heidi Kirsch                 | 24:10 |
| Christine Josey              | 24:43 |
| Sandy Boys                   | 27:13 |
| Debra Saltz                  | 28:00 |

This race drew a humongous field of 2689 women. That many women running together must be some kind of record. *Faye Weaver* recorded at this race one of the few personal records this summer.

ARBUTUS 10k  
Arbutus, MD – July 4

|                                  |       |
|----------------------------------|-------|
| 4. Mark Buschman (2nd, 20-29M)   | 34:01 |
| 5. Doug Mock (1st, 40-49M)       | 35:17 |
| 6. Mike Colaiacovo (2nd, 40-49M) | 35:30 |
| 9. Dave Berardi (1st, 50-59M)    | 36:06 |
| Jason Tripp (3rd, 30-39M)        | 36:27 |
| Keith McIntyre (3rd, 50-59M)     | 37:47 |
| Martin Goode (3rd, 40-49M)       | 37:59 |
| Leonard Supsic                   | 39:58 |
| Joe Hanle                        | 40:02 |
| John Chall                       | 40:07 |
| Luis Diaz                        | 40:48 |
| Conner McIntyre                  | 41:25 |
| Steve Meininger                  | 41:46 |
| David Jun                        | 42:29 |
| Michael Mbugi                    | 42:55 |
| Ronnie Wong (1st, 60-69M)        | 44:20 |
| Kenneth Sevik                    | 45:36 |
| Bruce Worley                     | 47:32 |
| Janelle McIntyre                 | 47:42 |
| Chris Farmer                     | 48:36 |
| Mike Fleming                     | 48:50 |
| Phyllis Sevik                    | 49:11 |
| Bromley Lowe                     | 49:19 |
| Marsha Demaree                   | 49:49 |

|                    |         |
|--------------------|---------|
| Amanda An          | 50:48   |
| Eric Johnston      | 51:14   |
| Marc Burger        | 52:09   |
| Dean Siedlecki     | 53:17   |
| Judith Weber       | 54:17   |
| Ron Weber          | 54:23   |
| Karen Harvey       | 54:54   |
| Alan Tominack      | 55:26   |
| Stephen McGovern   | 1:04:14 |
| Eric Katkow        | 1:05:36 |
| John Wheatland     | 1:10:47 |
| Melinda Krummerich | 1:12:47 |
| Clint Henderson    | 1:15:15 |
| Bruce Breon        | 1:25:58 |

The Arbutus 10k is one of the oldest races in the Baltimore area. Charm City has taken over the event but George Hendrick remains the race director. Cash awards drew some of the hottest runners in the area, but the times are not stellar on account of the heat and the hills. Arbutus residents support the race by turning sprinklers on the runners as they pass by. 449 finished.

HERITAGE 6k  
Dundalk, MD – July 4

|                              |       |
|------------------------------|-------|
| 4. Ken Fowler (1 st, 40-49M) | 21:25 |
| Bob Burns (3 rd, 50-59M)     | 24:22 |
| Jennifer Hayashi             | 29:40 |
| Mike Lynch                   | 39:44 |
| Bram Arrington               | 41:53 |
| Margaret Barry               | 42:01 |

Part of the Dundalk Heritage Festival, this race drew a field of 358. And remember, it's a **6k** not a **5k**! If you had wanted to set a PR, this was the race.

TWILIGHTER ROTARY 5k  
Rockville, MD – July 16

|                             |            |
|-----------------------------|------------|
| Carlos Renjifo              | 25:50      |
| Karsten Brown (1st, 35-39M) | (PR) 26:53 |
| Keith Levasseur             | 28:48      |
| John Chall                  | 31:45      |
| John Way                    | 32:05      |
| Marc Hermstein              | 32:46      |
| Bob Burns                   | 33:18      |
| Ryan Hermstein              | 35:02      |
| Adam Weddington             | 35:28      |

|                            |       |
|----------------------------|-------|
| Janeth Scott (3rd, 45-49F) | 35:31 |
| Tammy Liu                  | 36:54 |
| Andrew Sartor              | 37:34 |
| Grace Tran                 | 37:40 |
| Heeyoung Weddington        | 39:43 |
| Sharon Madden              | 40:44 |
| David Tarkow               | 42:38 |
| Christine Josey            | 44:05 |
| Kimberly Hartke            | 52:04 |

Cooler weather prevailed at this year's Twilighter, but they held the race anyway. They changed the course a little bit, too. *Karsten B.* set a PR. 2239 finished. They all enjoyed the live band after finishing. And the watermelon.

ROSARYVILLE TRAIL RUNS  
Rosaryville, MD – July 17

|                                   |         |
|-----------------------------------|---------|
| 10m Tacy Powers (1st, 40-49F)     | 1:39:56 |
| 25k Donna Wecker (1st F)          | 2:06:05 |
| 25k Sean McPherson                | 2:09:53 |
| 25k Lisa Fichman (1st, 40-49F)    | 2:29:55 |
| 25k Jessica Sleight (3rd, 30-39F) | 2:29:56 |
| 25k Rebecca Ramsing (2nd 40-49F)  | 2:29:56 |
| 25k Yasuo Oda (3rd, 40-49M)       | 2:34:49 |
| 25k Alan Tominack                 | 2:48:36 |
| 50k Jennifer Atkinson (1st F)     | 4:42:10 |
| 50k Hafiz Shaikh                  | 5:11:55 |
| 50k Hazel Chase (2nd, 30-39F)     | 5:15:17 |
| 50k Richard Chase (1st, 50-59M)   | 5:27:16 |
| 50k Greg Lepore                   | 5:47:53 |
| 50k Todd Pearsall                 | 5:50:05 |
| 50k Judith Weber (1st, 50-59F)    | 6:25:37 |
| 50k Glenda Rodriguez              | 6:34:08 |
| 50k Joe Hanle                     | 6:51:59 |
| 50k Martin Gould                  | 6:52:40 |
| 50k Dwight Mikulis                | 7:04:05 |

Runners picked their own distances in this convoluted trail competition. The Strider-women did particularly well, with the Run4Chocolates all winning something. *Jen Atkinson* took the longer distance race outright, and in her first ultra, *Hazel Chase* finished second in her age group.

WESTMINSTER WDF 5k  
Westminster, MD – July 17

|                             |       |
|-----------------------------|-------|
| 5. Karen Harvey (1st M)     | 25:53 |
| Jeanne Larrison             | 28:57 |
| Ginger Rowley               | 29:51 |
| Sharlene Deskins            | 30:10 |
| Amanda Idstein (3rd, 30-39) | 30:41 |
| Melissa Burger              | 38:29 |

There were 54 participants in the Westminster Road Runners edition of the WDF.

CATOCTIN TRAIL 50k  
Frederick, MD – July 30

|                              |         |
|------------------------------|---------|
| 8. Jennifer Atkinson (2nd F) | 6:12:22 |
| Donnie Chapman               | 6:52:21 |
| Todd Pearsall                | 8:16:00 |
| Judith Weber                 | 8:49:45 |

*Jen Atkinson* came close to winning the women's division of this 50k. 121 finished on a very warm Sunday morning.

MOONSHINE 10k  
Big Run State Park, MD – August 6

|                             |       |
|-----------------------------|-------|
| Bobby Gessler (2nd, 50-59M) | 41:38 |
| Julie Gessler (1st, 15-19F) | 42:18 |
| Becky Gessler (3rd, 15-19F) | 47:14 |
| Katie Gessler               | 49:54 |

The Gesslers do this race every year. It's pretty hilly out there. 86 finished. They had a great picnic in the park after the race.

DOG DAYS 8k  
Arnold, MD — August 7

|                               |       |
|-------------------------------|-------|
| 7. Karsten Brown              | 30:23 |
| John Way                      | 32:51 |
| Donnie Chapman (3rd, 50-59M)  | 33:36 |
| Ronnie Wong (1st, 60-69M)     | 35:47 |
| Michael Dusenbery             | 36:49 |
| Morgana D'Ottavi (2nd, 1-14F) | 38:30 |
| Marc Burger                   | 42:24 |

It was too hot even before they started. 316 finished this sweat-fest.

RILEY'S RUMBLE HALF MARATHON  
Germantown, MD – August 7

|                |         |
|----------------|---------|
| David Orlik    | 1:48:25 |
| Dennis Boucher | 1:49:16 |
| Phyllis Sevik  | 1:56:29 |
| Kenneth Sevik  | 1:58:36 |
| Rick Mitchell  | 2:00:06 |
| Hai Nguyen     | 2:16:41 |
| Jessica Stern  | 2:43:46 |

Most of the Striders who ran this hold dual membership in the Montgomery County Road Runners. That's how they knew about it. 472 finished.

RIVER VALLEY RANCH 5k  
Manchester, MD – August 13

|                          |       |
|--------------------------|-------|
| 9. Pat Wilkerson (1st F) | 20:06 |
| Heidi Kirsch             | 25:01 |
| Jill Calhoun             | 25:36 |
| Judy Feeny               | 32:22 |

RIVER VALLEY RANCH 10k  
Manchester, MD – August 13

|                  |         |
|------------------|---------|
| Kenneth Sevik    | 47:28   |
| Jonathan Kennedy | 49:09   |
| Jansen Jordan    | 50:12   |
| Steve Radant     | 50:56   |
| Phyllis Sevik    | 53:43   |
| Margaret Barry   | 1:01:43 |
| Karen Denmark    | 2:08:14 |

These races bill themselves as "Maryland's premiere trail runs." The courses feature a real trail run with rock outcrops, steep grades, and a river crossing. There's also a buffalo heard, and runners finish in an authentic 19th century western town. 406 finished the 5k, and 466 did the 10k.

FREDERICK WDF 5k

Frederick Community College – August 13

|                           |       |
|---------------------------|-------|
| Faye Weaver (1 st 35-39F) | 22:57 |
| Karen Harvey              | 24:52 |
| Jeanne Larrison           | 28:49 |
| Amanda Idstein            | 28:56 |
| Ginger Rowley             | 29:33 |
| Beverly Byron             | 36:58 |

352 women finished this edition of the Women’s Distance Festival.

ANNAPOLIS 10 MILER

USNA Stadium — August 28

The threat of bad weather from Hurricane Irene canceled this event. Here’s what the Annapolis Strider website said: “We regret that the 2011 Annapolis 10-Mile Run had to be called off due to ‘Irene.’ Here is the latest information: After considering a number of possibilities, we have determined that the 2011 race cannot be rescheduled. We are currently working on a plan to mail the finishers premium to all registrants using the size and address information provided to us during registration. We know how much you look forward to running in Annapolis and believe it or not how much our many volunteers enjoy helping out. We hope to see all of you next year.”

~~~~~  
SPECIAL RECOGNITIONS

• *Pat Brooks* won the 60-69F division at the Run Through History 10k at Antietam, MD, on June 5 in 54:18. She beat all the women in the 50-59 age group, too, and all but one in the 40-49 age group.

• At the Jack Griffin Mid-Atlantic Classic on June 10, *Michael Wegner* ran a 15:17.9 on the track and set a new national age-group (14 years) record for the 5000 meters (average pace 4:56/mile for 3.1 miles). He broke the old record by a whopping 29 seconds.

• *Paul Goldenberg* will be inducted into the Howard County Sports Hall of Fame in October this year. A long time member of the Howard County Striders, Paul served as the club’s newsletter editor and president, as the director of the Clyde’s 10k, and is currently the special races chairperson.

• *Amanda An* won the Marc Train 5 Miler in Odenton, MD, on June 25. She finished ninth overall (in a small field of 49) with a time of 39:23.

• On July 21, *Karsten Brown* won the Pleasant Valley Four Miler near Westminster. With a time of 23:38, he beat 79 others.

• *Mark Buschman* finished sixth overall (2nd, 25-29M) at the Leesburg 20k (VA) with a time of 1:12:10 (August 14). *Karsten Brown* followed him in 1:15:17. In the accompanying Leesburg 10k, *Marsha Demaree* finished second among the 45-49 women in 49:30.

• *Suzy Serpico* (né McCulloch) finished third among the 30-34 women at the USA Triathlon National Championships on August 20 at Burlington, VT. Her time for the 1.5k swim, 41k bike, 10k run was 2:11:19.

• We’re not sure if this is a real accomplishment, but *Carlos Renjifo*, captain of the Strider racing team, was quoted in the July/August issue of *Running Times* in the next-to-last paragraph: “Seeing that price [for the Boston Marathon] at first was a little bit shocking. But for that particular race, given all that they do, you are getting your money’s worth.” Truly, words to live by.

• *Keith Levasseur* completed the Leadville 100 Mile Train Run on August 20. The distance is actually 103 miles, and the elevation varies from 9200 ft to 12612 ft. His time was 29:42:08. *Donnie Chapman* served as Keith’s pacer.

## FALL SCHEDULE

Summer finally ends on Friday, September 23, and we're all glad it's over. No more heat waves, hurricanes, or earthquakes. That doesn't mean you still can't have fun, though.

Join your friends for the weekly series of races, which begins on September 18, even before the Equinox. The Redskins will be history by then, so you won't mind spending Sunday afternoons (all Fall Series races begin at 2 pm) out running. Even if you can't run, Series coordinator *Glenda Rodriguez* will be just as happy if you volunteer [[weeklyseries@striders.net](mailto:weeklyseries@striders.net)]. She has added two new 5k courses.

If you're looking for some fun without pressure, you might be interested in the Bagel-to-Beer Marathon on September 24. No shirts, no maps, no whining. There might be a hurricane that day. Contact *Shaikh Hafiz* at [bagel2beer@gmail.com](mailto:bagel2beer@gmail.com).

You want real racing? Then check out run Through the Grapevine 8k, the Striders' official cross-country event, at Linganore Winery on November 6. That pleasant jaunt will get you ready for the major event of the autumn— the Metric Marathon on the next Sunday, November 13. It will be the 33rd annual Metric. Hard to believe we've had 33 of them.

With the hard racing behind you, unwind at the Turkey Trot Prediction 10k on Thanksgiving morning. DO NOT show up before 9:30 am. You could win the Golden Turkey if you finish running the 10k course within a second or so of 11 am. No watches or other timing devices are allowed!

### FALL SCHEDULE

- 8/25 Getting Inspired to Run for Life  
6:30p River Hill High School  
[www.striders.net/programs/girl/2011](http://www.striders.net/programs/girl/2011)
- 8/30 Junior Striders Cross Country  
5:45p Centennial High School  
[www.striders.net/programs/junior/fall/2011](http://www.striders.net/programs/junior/fall/2011)
- 9/11 Police Pace 5k  
8:30a Centennial Lake Park  
[www.policepace.com](http://www.policepace.com)

- 9/18 Fall Series #1 – **NEW** 5k  
2pm Northfield Elementary School
- 9/24 **Bagel to Beer Marathon**  
6:30a Wilde Lake Village Center  
[bagel2beer@gmail.com](mailto:bagel2beer@gmail.com)
- 9/25 Fall Series #2 – 2m, 10k, 15k  
2pm Jeffers Hill Neighborhood Center
- 10/9 Fall Series #3 – 2m, 10k, 15k  
2pm Longfellow Elementary School
- 10/23 Fall Series #4 – 2m, 10k  
2pm Elkhorn-Savage
- 11/6 **Run Through the Grapevine 8k**  
10am Linganore Wine Cellars  
[www.striders.net/races/grapevine/2011](http://www.striders.net/races/grapevine/2011)
- 11/13 **Metric Marathon & 5k**  
8:15a Columbia Town Center  
[www.striders.net/races/metric/2011](http://www.striders.net/races/metric/2011)
- 11/20 Fall Series #5 – 2m, 5m  
2pm Burleigh Manor Middle School
- 11/24 **Turkey Trot 10k Prediction**  
>9:30a Jeffers Hill Neighborhood Center  
NO pre-registration
- 12/4 Fall Series #6 – 2m, 6m  
2pm Thunder Hill Elementary School
- 12/18 Fall Awards – **NEW** 5k  
2pm Hammond High School
- 1/1 **Resolution 8k Run**  
>9:30a Location TBD  
NO pre-registration

Complete Racing and  
Training Schedules  
available at  
[www.striders.net](http://www.striders.net)

## PRESIDENT'S LETTER

Hello Howard County Striders.

We made it through one of the hottest Julys on record, stink bugs, 5.8 magnitude earthquake and Hurricane Irene. Hopefully, everyone ran safely, and now we are looking forward to the reward of fall temperatures.

Despite the obstacles, Striders continued to shine in numerous races and especially our women runners in the premier race of the summer, WDF 5K with the new Striders Finish Arch. Nine out of the top ten runners were HC Striders including, of course, the winner, *Stefanie Commins*. Congratulations to all the runners and to the race director, *Tacy Powers*, for a terrific race with the highest number of finishers in many years.

Speaking of the racing team, *Carlos Renjifo* and *Mark Buschman* along with the sponsorship of Coach *Phil Lang* of Bullseye Running have expanded the team and have launched the HC Striders Development team. This will be very exciting as the Striders racing team will broaden and represent our club in more events. (They graciously declined my request to be on the team.)

The Next Step training program is in full swing with Next Step Half-Full Marathon launched in July and Next Step G.I.R.L. [= Getting Inspired for a Running Lifestyle] started on August 25 with 58 participants already. Under Special Programs Director, *Marsha Demaree*, the Next Step training programs now span the calendar and nearly all race types/lengths. (Hmmm, maybe a Next Step Ultra program?).

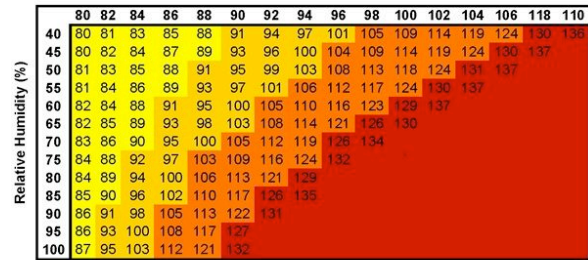
Numerous fall half and full marathons are on the schedule for our members but two really important Strider races arrive in November. The incredibly easy, Run through the Grapevine 8K on November 6, and just a short week later the unique Metric Running Festival featuring the Metric Marathon and 5K. Planned addition this year is Pepsi Pacers sponsored by Pepsi/Gatorade and fellow Strider, *Steve Turner*. The Pepsi Pacers will run the Metric Marathon at specific paces to help runners achieve their objectives.

So, keep running my friends and don't be thirsty.

Dwight Mikulis  
[president@striders.net](mailto:president@striders.net)

### NOAA's National Weather Service

#### Heat Index Temperature (°F)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution    Extreme Caution    Danger    External Danger

*Heat-humidity chart. Now you know.  
 (National Oceans and Atmospheres  
 Administration)*

### YOUR 2011 HOWARD COUNTY STRIDER BOARD OF DIRECTORS

#### Officers

Dwight Mikulis	President
Bill Arbelaez	Vice President
Pat Wilkerson	Secretary
Rob Gettier	Treasurer
Nadia Wasserman	Immediate Past Pres.

#### Directors

Carlos Renjifo	Racing Team
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Brian Fleming	Website
Bobby Gessler	Youth Programs
Donnie Chapman	Membership
Glenda Rodriguez	Weekly Series
Marsha Demaree	Special Programs
Amanda Loudin	Media-Communications

To contact any of these individuals, use the email convention:

<boardposition>@striders.net

For example, to contact webmaster Brian Fleming, use [website@striders.net](mailto:website@striders.net).

Don't forget these Strider events this Fall:

Bagel-to-Beer Marathon – Wilde Lake Village Center  
6:30 am, Saturday, September 24

Run Through the Grapevine – Linganore Winery  
10 am, Sunday, November 6

Metric Marathon & 5k — Columbia Town Center  
8 am, Sunday, November 13

Turkey Trot 10k Prediction Run — Jeffers Hill Neighborhood Center  
>9:30 am, Thursday, November 24

Resolution 8k Run – Jeffers Hill Neighborhood Center  
>9:30 am, Sunday, January 1, 2012

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Return Address:  
Howard County Striders  
P.O. Box 563  
Columbia, MD 21045

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